



Bladder and Bowel Community Product Information

Pads and pants

There are a lot of different types and sizes of pads and it is very important that you use the correct type and size. Some pads are suitable for small leaks and others are suitable for heavier leaks.

Some of the pads available can be worn in your own pants and other pads will require stretch pants to hold them in place.

There are 3 main types of pad:

Pads without waterproof backing – these pads should be used with special waterproof or washable pants. The pad is inserted into a pouch which holds it in place. There is normally a ‘stay dry’ fabric between the pad and your skin. This will allow the urine to be released into the pad and should stop you getting wet. This type of pad is normally used for light to moderate leaks of urine.

Shaped pads with a waterproof backing – these pads can be inserted into your own pants or held in place by special stretch pants. These pads will also have a ‘stay dry’ layer which goes next to the skin and a waterproof plastic backing to stop urine leaking out of the pad. This type of pad is used for all levels of leakage depending on the absorbency of the pad chosen.

All in one pads – these pads are more suitable for heavier leaks. These pads are all in one and have adhesive tapes which fix at the sides to hold the pad in place. These pads normally provide good protection if you use the correct size and they fit properly. There is a waterproof backing all around the pad which offers protection against leaks.

Washable pads and pants

Washable pads and pants come in lots of different sizes and styles. Washable products can be more comfortable and in the long term can also be a more cost effective option.

It is better to wash the pads in a washing machine if possible. It also takes a little while to dry them so bear this in mind and always have enough for you to use and rotate.

- Pants with the built-in absorbent pads – these pads are very popular and are normally used for light to moderate leaks.
- Towelling nappies – these nappies can be used with plastic pants and many use them at night time as they can be more comfortable than disposable pads.

Products Available

There are products available that can help you manage symptoms but it is recommended that you always seek advice from a health professional before you try any product as there may be other more appropriate options available to you.

If you are struggling with incontinence speak to your GP who can arrange for you to be assessed and issued with pads and pants. As an individual you can also choose to buy your products directly from a supplier.

B&BC aims to provide up-to-date and accurate product information. No liability is accepted for any errors in the information presented. B&BC endorses neither the companies nor the products listed here.

| Product | Description | Size |
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| Shaped Pad | Abri San Premium Unisex shaped pad with wetness indicators to identify when the product needs changing and Air-Plus breathable textile backing offers great wearing comfort. New improved inner cuffs ensure maximum leakage protection | Available in 12 absorbency levels |
| All-in-One Briefs | Abri Form Premium range has supreme all- in- one protection with maximum absorption and security against leakage. Non-woven backing and side panels are made from soft and breathable material providing a higher level of security and hold the pad in place | Available in 13 absorbency levels. |
| Pull-up Pants | Abri-Flex Premium can be worn just like normal underwear enhancing the users feeling of freedom and dignity. Abri-Flex has an extraordinary high number of elastic threads, offering superb comfort. | Available in 5 Sizes and Absorbencies. |
| Pull-up Pants Special | Abri-Flex Special has unique elastication in both legs and crotch area which provides an extra snug body fit. It is the ultimate solution if you have problems fitting a conventional pull-up or for use during intense physical activity | Available in 2 sizes. |
| Pull-up Brief | Abri-Flex Zero is a high cut product with a full white back sheet ensuring a more comfortable fit. This product is for light incontinence but available in a larger fitting size. | Available in 2 sizes. |
| Belted Briefs | Abri-Wing has been designed especially for people who are independent. The wings allow the skin to breath whilst minimising pressure on the stomach due to the low positioning of the fixing points. By enabling you to manage your own incontinence we are offering you increased freedom and a better quality of life | Available in 2 size ranges and 3 absorbency levels. |
| Belted Briefs Special | Abri-Wing Special has additional fasteners which allow you to pull the product into an extra snug fit in the crotch area and around the legs | Available in 2 sizes and Absorbencies: 2200 ml and 2400 ml |
| Fixation Pants | The Abri-Fix products are made from quality fabrics to ensure the most comfortable and easy solution. Abri-Fix is easy to use and looks and feels like good quality underwear. The products are reusable and offer comfort, security and dignity. | The Abri- Fix range is available in 8 styles including body stockings and sizes small to XX- Large. |
| Ladies Washable Briefs | The Abri-Wear Deluxe range is made from cotton/ lycra mix to ensure a snug fit, together with the latest high absorbency materials. The Abri-Wear Deluxe range of continence garments offers you assurance and confidence. | Available in 4 styles including full and mini briefs and ranging from 120ML absorbency up to 250ML absorbency. |
| Gents Washable Briefs and Boxers | The Abri-Wear Deluxe range is made from cotton/ lycra mix to ensure a snug fit, together with the latest high absorbency materials. The Abri-Wear Deluxe range of continence garments offers you assurance and confidence. | Available in 3 styles including boxer, Y-front and full brief. |
| Male Insert Pad | Abri-Man Formula is a solution which enables you to live a normal active life. Designed especially for men to give all day comfort, dryness and security. Ultimate protection against leakage by unique pocket shaped barriers. | Available in 2 Absorbencies: 450 ml and 700 ml. |
| Male Shaped Pad | Abri-Man Special has a frontal double TopDry acquisition layer means extra absorption at the front. Specially designed pockets and a unique barrier system that prevents leakage. | Absorbency 2900 ml size 36 x 70 CM |
| Male Insert Pad | Abri-Man Zero is a cup shaped product which follows the contours of the body for a snug, secure fit. The adhesive strip secures the pad in position within your own underwear. This product is perfect for men who only loose drops of urine. | Absorbency 2000 ml Size 18 x 9 CM |

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| Male Rectangular Pad | Abri-Man Slipguard offers extra absorbency and a different shape in comparison to the other Abri Man range. | absorbency 900 ml size 9 x 40 CM |
| Shaped Pad Special | Abri-San Special has specially designed barriers with built in pockets which offer full protection against leakage. The breathable Air-plus backing reduces the risk of skin soreness caused by repeated contact with faeces. | Absorbency 2000 ML Size 38 x 70 cm |
| Abri- Let Anatomic | Recommended for light to moderate incontinence, to promote dignity and comfort we recommend close fitting underwear or fixation pants are worn. Abri-Let pads can also be used for faecal smearing | Absorbency 500ML Size 20 x 43 cm |

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Email: info@allanda.co.uk Website: www.allaboutincontinence.co.uk

| Product | Description | Size |
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| Tena Pads | 1:Tena Lady shaped pads with waterproof backing. 2:Tena Comfort shaped pads for use with support pants or close fitting underwear, with built in wetness indicator. | 5 absorbency levels. Tena Lady are for light to moderate flow and Tena Comfort are for moderate to heavy |
| Tena Pants & Nappies | 1:Tena Fix are reusable stretch pants for use with Tena Comfort. 2:Tena Pants have a built in pad,breathable waterproof backing, elasticated waist and leg cuffs. 3:Tena Slip are an all in one diaper with built in Wetness indicator. | Tena Fix come in 6 sizes. Tena Pants have 3 absorbency levels & come in 5 sizes for Moderate to Heavy flow. Tena Slip come in 4 sizes with 3 absorbency levels & are for moderate to heavy flow |
| Lille Range | 1:Lille Lady are economy small shaped pads with waterproof backing. 2:Lille Slip on are an all over pad for extra security. | Lille Lady come in 3 absorbency levels for light to moderate flow. Lille Slip on come in 1 size for moderate flow. |
| Kanga Male Pouch Pants | Washable Male incontinence pants with fly front opening and stay dry inner lining designed to hold disposable pads. | come in 4 sizes |
| Ladies Washable Pants | Ladies pants with built-in pad. Choice of absorbencies.Made of Polyester/Cotton and last for 200 washes | 5 sizes suitable for drip to light flow |
| Mens Washable Pants | 1:Male Y front pants with fly front and built in pad 2:Male Boxer Short style with front opening and built in pad Both are made of Polyester/Cotton and last for 200 washes | 5 sizes available suitable for light flow |
| Uni sex washable pants | 1:Unisex all in one pants with built-in shaped pad 2:Unisex pants available with pouch on the inside or outside. Both are made of Polyester/Cotton and last for 200 washes. | 5 sizes available suitable for moderate flow |
| Readi Waterproof Pants | Unisex Washable Waterproof incontinence pants made from softened polymer for extra protection against leakage. Can be worn over disposable pads for extra security. | Available in S,M,L, XL, XX large |
| Lil Fit Supreme | All in One Bodyworn Incontinence Pad.For heavy or continuous urinary incontinence or faecal incontinence, this incontinence pad is also ideal for the less mobile or bed based. | Come in 4 sizes |
| Lil Pants | Pull up Incontinence Pants with built in pad which can be worn like normal underwear. Incontinence Pants for Moderate Incontinence (larger loss or sudden need). | come in 4 sizes |

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| Lil Flex | Belted All in One Bodyworn Incontinence Pad- combines security of all in one product with easy fixing and re-fastening. For heavy or continuous urinary incontinence or faecal incontinence | Come in 2 sizes |
| Lil Classic Fit | All in One Bodyworn Incontinence Pad. For heavy or continuous urinary incontinence or faecal incontinence, this incontinence pad is also ideal for the less mobile or bed based. | 3 sizes available |
| Tena Flex | Tena Flex Incontinence Pads - Designed for maximum security against leakage for heavier conditions and/or users with lower levels of mobility. Added benefit of enabling normal toilet use without full product removal. | come in 4 sizes |
| Lil Pad Insert | Disposable incontinence pads that can be used as pads within washable pouch pants or as low cost disposable pad in normal underwear. | For light incontinence /bladder weakness |
| Pads for Men | Come in 2 absorbency levels for light flow. | Come in 2 absorbency levels for light flow. |

Always Discreet for Sensitive Bladder Telephone: 0800 169 4906 Website: www.alwaysdiscreet.co.uk

| Product | Description | Size |
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| Always Discreet for sensitive bladder Light Pads | Always Discreet for sensitive bladder Light Pads feature a soft top-sheet specifically designed to pull fluid quickly away from the body and the DualLock & trade core technology helps lock away wetness for hours. The ultra-thin design is flexible and offers comfort with a thin core that fits discreetly under clothes. Another innovative feature of Always Discreet for sensitive bladder products is the exclusive Odour Neutralising Material (ONM) Technology that neutralises odours instantly and for hours, instead of simply masking them. | Available in Small (2 droplets), Small Plus (2½ droplets) and Normal (3 droplets on package) |
| Always Discreet for sensitive bladder Moderate Pads | Always Discreet for sensitive bladder Moderate Pads have a soft top-sheet specifically designed to pull fluid quickly away from the body. Another similarity is the core technology which provides an excellent level of protection and was designed for exceptional comfort and discretion. Always Discreet for sensitive bladder Moderate Pads also feature LeakGuard & trade barriers. These extra protection barriers softly wrap around the legs to stop leaks where they happen the most. They also feature our DualLock & trade core with Absorbent Gel Material (AGM), as well as exclusive Odour Neutralising Material (ONM) Technology that neutralises odours instantly and for hours, instead of simply masking them. | Available in Long (4 droplets on package), Long Plus (5 droplets on package) and Maxi Night (6 droplets on package) |
| Always Discreet for sensitive bladder Pants | Always Discreet for sensitive bladder Pants come in a purple package. The sides and waist of Always Discreet Pants are made from a soft cotton-like fabric all around to help the product feel comfortable when you are wearing it. Inside is the absorbent portion or core area. Many years of technical expertise went into the core design of Always Discreet for sensitive bladder Protective Pants. The core has been designed with a triple layer core to help pull, trap and lock away wetness and odour. The core also contains Absorbent Gel Material (AGM) that stores the fluid away deep in the core. The product also features Dual LeakGuards&trade, extra protection barriers which softly wrap around the legs to prevent leaks where they happen the most and provide up to 100% comfort and protection. | Available in 2 sizes: Pants Normal (5 droplets on package) in Medium and Large sizes |

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 Website: www.attends.co.uk

| Product | Description | Size |
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| Shaped Pads | Attends Soft are shaped pads for light to heavy urinary incontinence with breathable back sheet, fixation tapes and a super absorbent core for improved skin dryness, leakage protection and odour protection. | Available in 11 absorbency levels. |
| Pull-Ons | Attends Pull-Ons are a pull up pant designed for light to heavy urinary and/or faecal incontinence. Breathable back sheet, elasticated waist and a super absorbent core for improved skin dryness, leakage protection and odour protection. | Available in a range of sizes from X Small to X Large and 3 absorbency levels. |
| Shaped Pads | Attend contours regular are shaped pads for light to heavy urinary and/or faecal incontinence with waterproof back sheet, wetness indicator, Contours Regular 2-5 have fixation tapes and a super absorbent core for improved skin dryness, leakage protection and odour protection. | Available in 9 absorbency levels |
| Shaped Pads for Men | Attends for Men are shields specifically designed for men with Post Micturition Dribble and light to moderate urinary incontinence with a fixation tape and a super absorbent core for improved skin dryness, leakage protection and odour protection. | Available in 4 absorbency levels |
| Stretch Pants | Attends Stretch Pants are fixation pants to secure Attends Contours 6-10 in place so reducing the risk of leakage. They can also be used with Attends Soft and Contours Regular 2-5 if close fitting underwear is not available. | Available in sizes Small to XX Large in 3 designs |
| All-In-One Pads | Attends Slips are all-in-one products for heavy/severe urinary and/or faecal incontinence. Available in a range of sizes and absorbency levels with a waterproof/textile backsheet, wetness indicator, fixation tapes to secure the pad in place and a super absorbent core for improved skin dryness, leakage protection and odour protection. | Available in 3 designs, a range of sizes from X Small to X Large and 3 absorbency levels. |
| Adjustable | Attends Adjustable is an all in one product designed to manage heavy/severe urinary and/or faecal incontinence. Breathable back sheet, wetness indicator, re-sealable fixation tapes that can be positioned anywhere on the front panel for an improved fit, a superabsorbent core for improved skin dryness, leakage protection and odour protection. | Available in a range of sizes and one absorbency |

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| Product | Description | Size |
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| All In One Briefs | Range of unisex disposable All-In-One Incontinence Briefs from brands including: TENA Slip, Age UK Maxi Absorb Feel Dry, Lille Supreme Fit, MoliCare and Softisof Shaped. These All in One Briefs (Adult Nappies) are designed for moderate to heavier incontinence conditions and/or users with lower levels of mobility or those who are bed based. Designed with a textile like fabric against the skin, with breathable waterproof panels, all working to keep skin as fresh as possible and fits completely around the body before being fastened securely with tapes. Elasticated waist for extra comfort, stay dry non-woven top layers, leg cuffs to prevent leakage and a wetness indicator to | Available in various sizes X Small - XX Large and in absorbencies from 1300 ml - 4100 ml |

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| | indicate when pad should be changed. | |
| TENA Flex Belted Product | The TENA Flex Incontinence Pad is a revolutionary unisex range for heavy incontinence conditions. Unique 100% Breathable belted product that is easier and quicker to change than traditional products. It offers the security and flexibility of an all-in-one system combined with comfort and discretion and the added benefit of enabling normal toilet use without full product removal. Incorporates SuperFit waist belt and ComfiStretch elastic s which gently stretch to follow the body movements improving comfort for users, as well as odour neutraliser control and wetness indicator. | Available in various sizes Small - X Large and in absorbencies from 1700 ml - 4900 ml |
| Mini & Small Shaped Insert Pads for Women | Range of Mini & Small Shaped Insert Pads from brands including: TENA Comfort Mini/TENA Lady, Supreme Lille Light, MoliMed Comfort and Age UK Maxi Absorb Discreet Women Pads. These discreet disposable pads fit neatly into your normal underwear as they are supplied with sticky fixing tapes to hold them in place. Highly absorbent inner core and suitable for light to moderate urine incontinence. | Available in various absorbencies from 140 ml to 1030 ml |
| Small Shaped Insert Pads for Men | Range of Male Shaped Insert Pads from brands including: TENA Men, MoliMed for Men and Age UK Maxi Absorb Discreet Men Pads. These discreet disposable pads have been specifically designed for the active man and are to be used and inserted into normal underwear. Available in various styles including v-shaped, pouch-type and anatomically shaped all with a soft, breathable leak proof backing, odour control and a strong adhesive strip to secure into normal underwear. Suitable for urine incontinence. | Available in various absorbencies from 140 ml to 800 ml |
| Large Shaped Insert Pads | Range of unisex Large Shaped Insert Pads from brands including: TENA Comfort, Lille Supreme Form, MoliForm Soft, Softis of Shaped and Age UK Maxi Absorb Large Pads. These disposable large shaped pads are to be used with Stretch/Fixation Pants - specially designed to hold larger pads securely in place and hug the body more neatly and discreetly than day to day underwear. For moderate to severe incontinence and available in both daytime and night-time absorbency. | Available in various absorbencies from 500 ml to 3300 ml |
| Rectangular Pads | MoliNea Couche and Classic Lille rectangular disposable pads with waterproof backing. Thin and discreet to be used with our underwear. | Available in various absorbencies from 115 ml to 1250 ml |
| Large Shaped Insert Pads for Men | MoliForm Soft for Men large shaped disposable pads are specifically designed for men as it is larger at the front. For moderate to heavy urine incontinence and faecal incontinence. Wear with stretch fixation pants. Advanced Dry technology to provide 30% more dryness providing extra protection for the patient's skin avoiding swelling and irritation. Soft breathable waterproof backing and wetness indicator. | Absorbency 1000 ml |
| Stretch/Fixation Pants | Range of unisex Stretch/Fixation Pants from brands including: Age UK, TENA Fix and MoliPants. Stretch Pants are specifically designed, figure hugging pants to hold large shaped disposable pads securely in place. Making sure you get the right fit reduces the risk of incontinence leaks, will be more comfortable and will feel more secure. | Available in sizes Small - XX Large and in pack of 5 or 25 |
| Ladies Washable Pants | Range of Ladies Washable Pants from brands including: Kylie, Martex and Senset. These pants look and feel just like everyday underwear but provides the additional security of an extra absorbent built in incontinence pad offering comfort and discreet support for mild urinary incontinence. Made from Polyester Cotton and last for 200 washes. | Available in sizes Small - XX Large and absorbencies 150 ml to 350 ml |
| Men's Washable Pants | Range of Men's Washable Pants from brands including: Kylie, Martex and Senset. These pants look and feel just like everyday underwear but provides the additional security of an extra absorbent built in incontinence pad offering comfort and discreet support for mild urinary incontinence. Available in Y-Front or Boxer Short styles. Made from Polyester Cotton and last for 200 washes. | Available in sizes Small - XX Large and absorbencies 300 ml to 650 ml |
| Swimwear | This unique, discreet re-usable Incontinence Swimwear Undergarment Brief is | Available in |

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| Undergarment Brief | for adults and teens dealing with incontinence. The adjustable brief is designed to be worn next to the skin under a swimming suit. It is mainly intended for bowel containment however it will protect a certain amount against urinary leakage. High tech stretch polyurethane fabric with soft fleece lining, elastic waist and legs for added security and a Velcro closure with fully adjustable sizing that opens up flat, for ease of dressing. Fully machine washable. | sizes X Small â€“5XL |
| Kanga Male Pouch Pants | Washable Male Incontinence Pants with fly front opening and stay dry inner lining designed to hold disposable pads | Available in five sizes - Small - XXL |
| Kanga Lady Pouch Pants | Washable Female Incontinence Pants with discreet, externally fitted waterproof pouch to hold pads offering maximum protection, absorbency and reliability. Come in a fuller style along with elasticated waist and leg bands | Available in four sizes - Medium - XXL |

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| Item | Description | Size |
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| Pull- Up Pants | MoliCare® Mobile Light, MoliCare® Mobile and MoliCare® Mobile Super are discreet pull-up pants with soft breathable textile backing, which can be worn like normal underwear. They can be easily pulled on and off enabling you to continue with an active life. | For moderate to very severe use, available in up to 5 sizes. |
| Small Shaped Pads | MoliMed® small shaped pads with adhesive strip, can be worn with own underwear. MoliMed® for men active (pouch) and MoliMed® for men protect (V-Shaped) are small pads designed for men. | For slight use. |
| All-in-one Briefs | MoliCare® soft all-in-one briefs with textile-like backsheets, breathable side panels and Active Skin Protection for greater discretion and healthier skin. Re-closable hook and loop tabs for easy application. MoliCare® soft super plus have an extra high absorption capacity for very severe use. | For moderate to very severe use, available in up to 5 sizes. |
| Fixation Pants | MoliPants® fixation pants hold shaped or rectangular pads securely in place. | Available in up to 5 sizes |
| Shaped Pads | MoliForm® soft shaped pads with textile-like backsheets for maximum wearing comfort and highest discretion. Active Skin Protection features help to maintain your skin dry and healthy. MoliForm® soft for men has been especially designed for the male anatomy with higher absorption at the front of the pad. For best product performance use MoliForm® shaped pads with MoliPants® fixation pants. | For slight to very severe use. |
| Rectangular Pads | MoliNea® rectangular pads with waterproof backsheets are to be worn with MoliPants® fixation pants. MoliNea® Couche pads with adhesive strip to be worn with your own underwear. | For slight use available in 5 sizes |

The Bladder and Bowel Community provides information and support for people with bladder and bowel issues. We publish a wide range of user friendly booklets and factsheets.

For more information please call us on 01926 357220, email help@bladderandbowelfoundation.org or write to us at The Bladder and Bowel Community, 7 The Court, Holywell Business Park, Northfield Road, Southam, CV47 0FS.

www.bladderandbowelfoundation.org

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